



Welcome to SummerFit!

Thanks for making the decision to participate in SummerFit, INShape Indiana's new summer health and fitness program. Over the next eight weeks, you will receive a weekly e-mail message encouraging you to get active, eat healthy foods, and refrain from smoking. With the help of a special tracking sheet ([GO HERE to download](#)), you will record points for each of the healthy actions you take daily. Post this tracking sheet in a prominent place -- on your refrigerator, at your desk, or on your closet door -- anywhere that will remind you of your summer health and fitness goals.



SummerFit categories:

- 30 minutes of physical activity – 7 points
- 8 ounces of water – 1 point
- 1 fruit or vegetable serving – 2 points
- 1 day without using tobacco (all participants eligible) – 2 points

You may also earn points by:

- [Forwarding SummerFit e-mail to a friend](#) – 2 points
- Completing the "Weekly Bonus" – 10 points

The goal is to reach or exceed 100 points each week through any combination of these healthy behaviors. For example: If you exercise for 30 minutes for 2 days (14 pts), drink 3 glasses of water a day (21 pts), eat 4 servings of fruit and vegetables a day (56 pts), abstain from tobacco daily (14 pts), forward a SummerFit e-mail to a friend (2 pts), and complete the "weekly bonus" (10 pts), you would earn 117 points.

At the conclusion of SummerFit, participants who submit their point totals will be eligible for an INShape Indiana-related prize.

[Invite a friend or family member](#) to join you in your pursuit of good health this summer! The program is complimentary and new participants can sign up for SummerFit by logging onto the INShape Indiana website at www.inshape.IN.gov and becoming a member.

Why Physical Activity?

The benefits of physical activity are many. Activity boosts your mental outlook, improves your cardiovascular health, helps with weight maintenance, and relieves stress, in addition to preventing disease. Just 30 minutes of activity a day can result in marked improvement in a number of areas:

- Muscle mass
- Bone density
- Heart rate and blood pressure
- Risk of type 2 diabetes, coronary disease, certain types of cancer

Before you undertake a new physical activity routine be sure to:

- Get a good pair of shoes for walking and other forms of exercise
- Share your goal with your friends, family, and coworkers.
- Consult your physician if you have not been active.



Weekly Bonus

Earn your bonus points this week by taking a swim. Spend at least 30 minutes in the water playing, swimming laps, or otherwise raising your heart rate and earn 10 bonus points. Swimming is an excellent way to improve your level of fitness. It can be done at any one of thousands of pools throughout the state, it cools you off in the summer heat, and it's fun. If you live near one of the pools participating in INShape Indiana Swim Day, presented by MDWise, you can receive reduced price admission and a complimentary towel.



INShape Indiana Swim Day presented by MDwise

INShape Indiana encourages Hoosiers to get moving this summer! On June 16, take part in the sun and fun at the second annual INShape Indiana Swim Day presented by MDwise. INShape members will receive a complimentary towel, sunscreen, and discounted entrance to pools in their area. **Your coupon will be delivered to you via email on June 11, 2007.**

Participating Pools:

- Tolletown Pool - Gary
- Hessville Pool - Hammond
- Potawatomi Pool - South Bend
- North Side Pool - Ft. Wayne
- Tropicanae Cove – Lafayette
- Dr. Martin Luther King Pool – Indianapolis
- Willard Pool – Indianapolis
- Kokomo Beach – Kokomo
- Greencastle Aquatic Center – Greencastle
- Demming Pool - Terre Haute
- Bryan Park Pool – Bloomington
- Jeffersonville Aquatic Center – Jeffersonville
- Harkey Pool - Evansville, IN



SummerFit Tracking Sheet

Keep track of your points with this printable tracking sheet

[Download here](#)

Do you know someone who could benefit from SummerFit?

Forward
to a Friend >

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